



NMCP docs, techs and corpsmen head south, join Hurricane Katrina relief effort

Submitted by NMCP Public Affairs

A contingent of 84 medical personnel from Naval Medical Center Portsmouth headed to the Gulf Coast region Sept. 3 to provide medical care to those affected by Hurricane Katrina.

While half of the team headed to a small hospital in the region, the other joined the crew and a

surgical unit on board the *USS Iwo Jima (LHD 7)*, one of the Navy's Casualty Receiving and Treatment Ships (CRTS). The surgical platform consists of an internist, emergency room, family practice, orthopaedic, general surgery, OB-GYN, pediatric and psychiatric doctors as well as

enlisted hospital corpsman and pharmacy, lab and X-ray technicians. ▼

Below: Deploying personnel take care of last-minute administrative matters two days prior to departure. The NMCP hurricane relief detachment flew out of Norfolk, Va., Sept. 3.



Photo by Deborah Kallgren, Public Affairs Officer

Congratulations Physicians of the Quarter, 2nd Quarter, 2005



Physician of the Quarter, 2nd Quarter
Medical Officer-in-Training
Lt. Curtis Gaball, Otolaryngology

Physician of the Quarter,
2nd Quarter,
Junior Staff Medical Officer
Lt. Cmdr. Timothy Roberts
Adolescent Medicine
(not pictured)

Physician of the Quarter,
2nd Quarter
Senior Staff Medical Officer,
Capt. Joseph Kennedy (ret)
Internal Medicine



Photos by HN Charles Hollingsworth

The Courier

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This publication provides an avenue to circulate all useful information the NMC Portsmouth staff has to offer. Submissions are welcome. Contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at drkallgren@mar.med.navy.mil. Submissions should be on disk in text or Word format with a paper copy attached. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format. Submissions will be placed in the next issue space permitting. PAO is located in Building One, Third Deck, Rm. 311.

Second cardiac cath lab open for business at NMCP

Story and photos by HN Charles Hollingsworth

Naval Medical Center Portsmouth celebrated the grand opening of its second cardiac catheterization laboratory recently with a ribbon-cutting ceremony held in NMCP's Bldg. 3. Rear Adm. Thomas Burkhard, commander, NMCP, Cmdr. Kevin Zawacki, cardiac surgeon and Cardiology department head, and Carl Hubble, vice president of the company who build the lab, were on hand to cut the ribbon.

This is the second catheterization laboratory for NMCP. The older facility is still in use, and located next door. The cardiac facilities will benefit all TRICARE beneficiaries who need coronary artery assessment.

"Having another lab allows us to increase the volume of patients we can schedule and thus get their procedures done in a more timely



From left: Carl Hubble, Vice President of Tesoro Corp., Cmdr. Kevin Zawacki, Cardiology department head and Rear Adm. Thomas K. Burkhard, commander, NMCP, watch as the ribbons falls during the grand opening of NMCP's new Cardiac Cath Lab.

fashion," Zawacki said. Services offered by NMCP have expanded to include angioplasties, treatment of

heart rhythm disorders and heart bypass surgery.

"Since summer of 2003, NMCP has developed the capacity to provide a full scope of cardiovascular care. All of these services have allowed us to become a state of the art cardiac facility," he said.

The new lab features several innovative upgrades including clearer images on a state-of-the-art angiogram, ease of use of the facility's angiogram camera which includes the ability to zoom in more accurately on a coronary artery, and finally a computer server that retrieves archived films of a patient's past angiograms. These innovations will improve patient care by providing health care specialists with ergonomic resources and



Naval Medical Center Portsmouth's second cardiac cath lab allows NMCP to see and treat more patients requiring cardiac care.

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NMCP staff test their mettle at annual Battle Skills competition

Story and photos by HN Charles Hollingsworth

Naval Medical Center Portsmouth competed with other branch clinics in the Navy's Battle Skills during the weekend of July 15 at Fort Story, Va. The earliest event began at 5 a.m. with each of the seven six-member teams from NMCP and the other branch clinics mustering on the grounds of the Army base.

This annual event tests the hospital corpsman's medical knowledge and overall physical fitness levels for real combat situations. The competition simulates combat with authentic weapons and other resources including 9mm pistols and small craft Zodiacs used in a boat race during the competition.

"We were surprised when we (found) out that we had actually seven teams wanting to compete," said HMCS(FMF) Frederico



Seven teams participated in this year's Battle Skills Competition held July 15 and 16 at Fort Story, Va.

Anies. An average turnout for Battle Skills is normally three to four teams, he said.

Fort Story provides a diverse terrain for virtually all combat scenarios ranging from muddy slopes, to a broad sandy shoreline

along the Atlantic Ocean. The Army post's varied terrain made it possible to promote other events as well: a physical endurance competition testing each team member's limit to execute their maximum number of push-ups; an 8-mile conditioning force march through hilly woods and the hot sands of the ocean's shoreline and a 3-mile team run.

Each team member volunteered for the competition, including NMCP CMDCM(FMF/DV/PJ) Christopher R. Angstead, Command Master Chief, who was the first to make it across the finish line of the run.

"It was physically demanding, but fun," responded Team Four back-up member HM3(SW) Lelia Watton when asked about the



Sailors compete in a small craft boat race during one of the events in this year's Battle Skills Competition.

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Sailors hit sands, slopes, water during grueling event

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degree of challenge for each event. "I've never been around that much camaraderie," she said.

The event concluded with an awards ceremony in the auditorium of Bldg. 1 at NMCP.

"I'd go back," said team member HM1(SS/FMF) Kevin Adkison who's willing to compete again next year.

Anies added, "Giving up their weekends to assist us in this evolution says everything about their dedication." Anies said he anticipates a bigger and better competition next year. 🇺🇸



Naval Medical Center Portsmouth Sailors compete in several events including boat races, an 8-mile march, 8-mile run and a sit-up and push-up competition as part of the annual Battle Skills Competition. Seven teams participated in this year's event.



Guest Relations moves to new, larger location

Story and HN Charles Hollingsworth

Naval Medical Center Portsmouth celebrated the grand opening of Patient and Guest Relations' new office with a ribbon-cutting ceremony July 7, hosted by Cmdr. Richelle Kay, the department's program director.

The primary purpose (according to the departmental mission statement) of the Patient Relations Program is the customer, and improving the relationship between patient and staff. The department is a conduit for patients or guests to voice their concerns about treatment or any other problem.

The new location, located on the 4th Deck of Bldg. 3, features a more spacious environment for the department's personnel. The larger workspace helps staff comply with HIPAA regulations.

"Customers didn't feel comfortable talking about their problems when (we) had one room where everyone could



Photo by HM2 Daniel Benton

Cmdr. Richelle Kay, Patient and Guest Relations program director, and Rear Adm. Thomas K. Burkhard, NMCP commander, cut the ribbon at the grand opening of the new customer service center located in NMCP's Bldg. 3.

hear their conversation," said HN Tunde Idemudia, customer service representative. "They feel more relaxed when in a more private space," said Idemudia.

Cramped office space in the former location was also a problem.

"You should have seen how small our office was," Kay said.

The department's relocation was approved in April 2005 by Rear Adm. Thomas Burkhard, commander, NMCP.

"This had been a long process in the making," said Kay, adding that the need had been apparent since 1999.

Staff members say the change has made their operations more efficient, which, in turn, improved patient satisfaction.

"We have to make sure that the atmosphere is professional," said HM2 Brian Duenas, customer service representative, adding that the former restricted work space, "the (older) place was not an actual office," he said.

Not only has the environment improved for the Patient Relations crew, but their enthusiasm has too, according to program director.

"The new office has improved the morale of the entire department," said Kay. ✎

Congratulations Sailors of the Quarter, 2nd Quarter, 2005

Sailor of the Quarter
ET1(SW/AW) Farhad Notghi
Junior Sailor of the Quarter
HM3 Tiffany Easter
Bluejacket of the Quarter
HM Lonetta Odom



From left: SOQ, JSOQ, BJOQ pictured with CMDCM(FMF/DV/PJ) Christopher Angstead, CMC

Oakleaf Club fills clinic wish lists again

Story and photos by HN Charles Hollingsworth

Naval Medical Center Portsmouth's Oakleaf Club Officer's Wives club recently donated more than \$8,000 worth of requested items to various clinics and wards throughout the command. This year's items ranged from children's toys to DVD players. The DVD players were distributed to more than 20 NMCP clinics and to the NMCP branch medical clinics.

Every year, NMCP departments submit lists of items needed by their clinics that are not usually approved by the command because of budgetary constraints. For several years, the Oak Leaf officer's wives' club has faithfully volunteered its services to raise money for these departments to provide monetary support when the command hasn't been able to.

"One-hundred percent of the money raised goes directly to the command," said Karri Skelton, Oak Leaf president. "This is one point that we really try to 'sell' to fundraiser supporters."

Fulfilling its mission to be a "social and benevolent" provider of services and support, the Oak Leaf Club sponsored fundraisers which



The Oakleaf Club used donations and funds raised through car washes and bake sales to purchase items on the clinics' yearly wish lists. This year's items included DVD players and toys.

included two bake sales that raised \$4,000, a merchandise sale of Oak Leaf paraphernalia and a donation from a travel agency for a seven-night hotel stay to any city within the organization's network.

At one of the fundraisers, Rear Adm. Thomas Burkhard, commander, NMCP, joined the Oak Leaf Club by washing a car for one of the Oak Leaf's members. Capt. C. Forrest

Faison, deputy commander, NMCP, offered to cook dinner for two of the organization's members.

"Next year, we'll do a larger scale fundraiser to raise more money," Skelton said. "Larger scale fundraisers are more efficient in raising money than small-scale activities."

For more information on the Oak Leaf Club, please contact Karri Skelton at 638-1601. ♀

New cardiac cath lab improves access to care

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technologically innovative amenities. "Our patient load has increased due to our ability to do more complex procedures like (catheter) interventions, pacemaker

insertions and electrophysiology cases," said HM1 John Fitzgerald, catheterization laboratory manager.

The new catheter laboratory helps NMCP has

improve quality of healthcare to military personnel and their families. ♀



Fall fitness testing right around the corner

The time has come once again: bi-annual physical fitness assessment (PFA). All active duty staff are required to complete the PARFQ at the site noted, <https://prims.bol.navy.mil/Welcome.aspx>, save. A current (five, two or one-year) physical exam and PARFQ are required before weigh-in or PRT/swim testing.

By instruction, weigh-ins should be completed two to 10 days prior to taking the PRT. Weigh-ins will be conducted in an additional location to be determined along with the chief-of-the-day (COD) bunkroom behind Admissions on the first deck of the Charette Healthcare Center (Bldg. 2), between 7:30 to 10:30 a.m. Weigh-ins will

begin on Sept. 23, with the last day for weighing is Oct. 28.

Staff choosing to swim the PRT will be required to sign up for a time during the weigh-ins, so we may reserve a lane and a date at the pool. The swims will be held every half hour between 1 and 2:30 p.m. from Oct. 3 to Oct. 31. Please plan accordingly.

The PRT running portion will be held at the helo pad beginning Oct. 3 through Oct. 31, and will be held from 7 a.m. to 12 p.m., and resume at 2 p.m. with the last run beginning at 3 p.m. Personnel testing should meet at the brown pavilion 15 minutes prior to the test to allow adequate time to sign in and stretch.

Personnel who checked onboard NMCP on or after July

25 are exempt from the PRT portion of the PFA. However, these members are NOT exempt from weighing in. These members will be required to weigh in during the month of October in accordance with OPNAV INSTRUCTION 6110.1G.

For any questions, please feel free to contact the NMCP Command Fitness staff, at 953-5099, from 7:30 a.m. to 4 p.m. ▼



Graphic courtesy of Google Images

NMCP continues deployment of corpsmen in support of Global War on Terror

Photos by HN Charles Hollingsworth



Friends and families say goodbye to their loved ones Aug. 1 as more than 78 service members from the 2nd FSSG deployed to support Operation Iraqi Freedom. The hospital corpsmen will support Marine units to support medical logistics and surgery.



DAPA Note

Binge drinking big problem in young adults

Submitted by HM1 Eduardo Ortiz, Command DAPA

Binge drinking, or the partying lifestyle of some young people, may also be related to an environment that appears to support heavy drinking. Youths report that alcohol is more easily available to them today than it was five years ago, and there is a correlation between availability and use. In addition, alcoholic beverages remain inexpensive in comparison with other beverages, especially beer, when purchased in kegs, and are often the center of the party.

As young people enter the culture of the college campus, they are confronted with many challenges and opportunities: the opportunity to be independent of parental control; the need to conform; and the insecurity of a new social setting. Depending on

which study you read, approximately 42 percent of college students engage in binge drinking, as compared to 34 percent of their non-college counterparts.

Another factor that may add to the college setting as a high-risk environment for binge drinking is that youths on college campuses are targets of heavy marketing of alcohol beverages. Beer companies are especially active in promoting ads for happy hours with price reductions. Other alcohol industries – including producers, wholesalers, and retailers sponsor campus social, sporting, and cultural events, even on campuses where the majority of participants are under the age of 21.

Prevention strategies in response to binge drinking by young people include actions to reduce alcohol availability, such as increases

in price and responsible beverage service practices, especially at parties. Some communities require tagging, which requires kegs to be labeled with a serial number identifying the purchaser in case the keg is discovered at an underage drinking party. Other strategies include restrictions on marketing and promotion practices that glamorize heavy drinking, especially those directed at young people.

If you are not of age, don't get involved in underage drinking. It could cause long term medical problems and ruin your career. If you choose to drink when you turn 21, make sure you drink responsibly. If you have concerns about your drinking, stop by the Command DAPA office or call HM1 Ortiz at 953-7437. 🏠

Bravo Zulu!

Command Awards

Navy Achievement Medal

HM3 Lindsay M. Olson
Lt. Christopher Rogan
HM2 William Gentry
Lt. Cmdr. Seda Gilbert
Lt. Cmdr. Steven M. Defreilas
HM3 Segun A. Ogbeta
DT3 Hazelann V. Shillingford
HM3 Freddy Mejia
HM2 Matthew M. Birchall
HM2 Casey T. Price
HM3 David Macias

HN Luio A. Santana
HM2 Bartolome R. Alviar
HM3 Idalia A. Hernandez
DT2(SW) Michael L. Villella
DT1 Francis Sampson
HM3 Sarom Meas
HM2(SW/AW) Sybil S. Litchfield
DT2 Maria E. Roberts
Lt. Suzanne K. Pugh
HM3 Candyce M. Clark
Lt. Aida S. Bernal
Lt. Daniel J. Paige
HM3 Nettie M. Gordon

DN Daffany L. Gilbert
HN Morgan D. Jensen
HM3 Bryan O. Britt
Lt. Duane M. Lawrence
PC2 Erwin S. Dimalanta

Navy Commendation Medal

Cmdr. Karen Olsen
HM2 Terry Hardesty
Lt. Jason S. Litchfield

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Chaplain's Corner

Chaplain's Ministry in Alcoholics Anonymous

Lt. Cmdr. Reginald S. Daniels, CHC, USNR

Six months ago a friend of mine died from alcoholism. He was never able to admit that he had a problem with alcohol or that he had the disease of alcoholism. His death piqued my interest in Alcoholics Anonymous (AA). Why is it that some people become members of AA, work their program and maintain sobriety while others can never achieve sobriety? I thought that by attending the AA International Convention in Toronto, Canada, I would be able to find some answers.

This past June and July, members of AA from all over the world traveled to Toronto to help celebrate the 70th anniversary of AA. When early members of AA described the first convention as "international," they simply meant that both American and Canadian members were in attendance; but at succeeding conventions, held every five years since 1950, more and more AA members from other nations attended.

From its beginnings in 1935, AA now has a presence in over 180 countries around the world. At this year's international convention, 80 countries were represented in what AA calls "the language of the heart." The language of the heart transcends geographic and cultural boundaries as one alcoholic helps another alcoholic. Workshops were presented in a variety of languages - English, French, Spanish, Japanese, German,

Italian, Portuguese, Polish and Farsi — but it was the language of the heart that I believe makes the difference in AA. AA gives feet to the words found in the epistle of James, "faith without works is dead." (James 2:17). One alcoholic helping another alcoholic is the main spirit of this fellowship.

While in Toronto, I met Craig M. from Cleveland, Ohio, who said that the 12 steps and 12 traditions of AA saved his life. He had been homeless, had virtually lost everything and the program helped him rebuild his life. His was a success story. He had gotten involved with AA, achieved sobriety, and was maintaining a healthy life as he worked the 12 steps.

The foundational steps to achieving sobriety, according to AA, begin with the first three steps. Step 1 is, "I am powerless over alcohol. . . my life has become unmanageable." The second step acknowledges that there is a power greater than that of addiction: "I came to believe a power greater than myself could restore me to sanity." The third step is, "We made a decision to turn our will and our lives over to the care of God as we understood Him."

The 12 steps and 12 traditions allow members to meet each day for one hour to discuss the effects of alcoholism on their lives. By talking about disappointments members learn

that drinking does not make things better, rather that it often complicates and destroys their lives. Members hear of death, loss of jobs and medical problems. Generally, meetings are held inside local churches, and some are "closed meetings." Closed meetings are only for alcoholics. It allows alcoholics to have a united fellowship and community. Open meetings are open to others, including an alcoholic's family members.

Navy chaplains, physicians, social workers and nurses can help the alcoholic Sailor by referring them to AA. The AA fellowship helps alcoholics get in touch with their higher power. Some alcoholics have called it the addict's heaven. By building a community, the alcoholic can survive the trials and tribulations of the disease. The AA program is effective management for alcoholism because it provides the alcoholic with lifelong educational treatment.

There are many AA programs in Hampton Roads, including groups at Naval Station, Norfolk at Substance Abuse Rehabilitation Program (444-1105) and at the Hampton Veterans Hospital in Hampton (722-9961). The AA program appears to be one of the most effective treatments of alcoholism ever conceived. If my close friend had stayed connected to the AA program, he might still be alive today. ♣

Chaplain's Corner

Gideons International visits NMCP

Story and photo submitted by Capt. Jerry Shields, CHC, Pastoral Care

On Aug. 24, 20 members from the Portsmouth Chapter of Gideon's International visited NMCP to provide Bibles for hospital rooms, waiting areas, deploying military members and staff. Providing Bibles is not something new for the Gideons. Founded in 1899, Gideons is the oldest Christian business and professional men's association in the United States.

For more than 100 years the Gideons have placed and distributed Bibles and New Testaments in hospitals, schools, colleges, military installations, ships and hotels. The Gideons

distribute and place more than 59 million Bibles worldwide each year. They place one million copies of the Bible every seven days, or 112 per minute.

The local chapter was honored to make Bibles available for use by military patients and their families. The Gideons receive all of their funds through donations and never charge for a copy of the scriptures. Supporting the spiritual needs of the military is one way to serve those who serve our country. The Gideons have been strong supporters of our military men and women

serving in the war against terror and have even printed Bibles printed in desert camouflage.

The Bibles are made available for people, but not foisted upon them. One patient who was grateful for the Gideon's contributions that day had left her personal Bible at home in her haste to get medical assistance. She was very grateful to have one available at the hospital. If anyone would like to receive a copy of a Bible, please contact Pastoral Care Services at 953-5550. 🙏



Members of the Gideon's International, Portsmouth Chapter, bring boxes of Bibles to Naval Medical Center Portsmouth. This is the fourth year the organization has distributed the Bible to NMCP. Gideon's International provides Bibles and New Testaments to hospitals, schools, colleges, military facilities, ships and hotels.

Bravo Zulu!!!

Navy Commendation Medal

Lt. Daniel R. Gileski
HM1 Jeffery Patrick
Lt. Darla M. Howell
Lt., Joshua I. Keil
Lt.j.g. Raynard Gibbs
Lt.Cmdr. Fawn R. Snow
Lt. Michael E. Stevens, Jr.
HMC William R. Walker
Lt. James J. Mucciarone
Lt. Cmdr. Roberto A. Gonzalez
Lt. Cmdr. Ethan A. Bachrach
Lt. Cmdr. Stephen G. Alfano
SH1(SW/AW) Charles E. McQueen
HMC(AW) Matthew G. Berg

Letter of Commendation

HN Dain L. Carmen
SN Athena L. Rogers
HM3 Sherryl A. Lawson
HN Valisha S. Butler
HM3 Lisa M. Thienard
HM3 Stephany J. Perez
HA Robin C. McDaniels
HM1 Anthony G. Lopez
HM1(FMF) Christoffer Smith
HN Carlos Carrasquillo, Jr.
CIV Wanda K. Trotter
Lt. Malcolm B. Franklin
HM2 Daniel L. Giles
CIV Iola D. Burney
HN Lacy Bolton
HN Sarah Bailes
HM3 Weston Alvey
HM3 Neil Allen
CIV Regina Powell
HN Jennifer Colosi

HN Michael Collins
HN Faaluaumeke Coffin
Lt. Riley L. Williams, Jr.
IT1 Philip G. Keels
HM3 Guadalupe Diaz
RP1 Shelia Davis
HN Michael A. Ehrhardt
HM3 Ray T. Council
HM3 Cedric W. Bell, Jr.
HN John L. Davis
HN Bernard D. Gomez
HN Leticia M. Fred
SH3 Craig A. Ellis
HN Nathan P. Fried
HN Nicole Delrio
HN Jason M. Beard
HM2 Joshua J. Ketzenberger
HN Desmond J. Landry
CIV Shirley Anderson
HN Jenna S. Pearson
HN Jatiela M. Moore
HN Gloria O. Milline
HM3 Jorge A. Navarete
HN Jodi G. Harrold
HN Heidi A. Hicks
CS2(SW) Jason J. King
HN Katrina A. Jack
MA2 Brandon G. Keating
HM3 Tiffany I. Highsmith
HM3 Ovidiu E. Icreverzi
HN Shaunika L. Johnson
HN Joshua D. Laporte
HN Jorge A. Paulino
HM3 Kevin Ramdass
Lt. Kenneth Dubrowski
CIV Keywest F. Sykes
CS3 Jeffrey C. Fallo
HN Holly M. Lively
HM2(SW) Hope T. Wheeler
HN Katherine M. Roth
HN Blake E. Warford
HM3 Hansley W. Scott

IT2(SW) Donato A. Rivera
IC2 Bismark J. Perez
HM2 Tyler M. McIntosh
HM2(SW) Alesha L. Lee
HN Karen D. McLain

Letters of Appreciation

DK1(SW) Bobby L. Jessie
HM1 Katrina M. Sumners
DT1(SW) Roland P. Hidalgo
HN Jessica R. Edwards
HN Lonnetta M. Odom
HN Gwendolyn R. Collver
HN Crystal R. Bullock
HM3(SW) Ceandra L. Baker
CIV James R. Brownell
CIV James Ferguson
Lt. Daniel R. Gilleski
DT2 Starleen G. Whitaker
HM2 Leslye V. Castano
HM3 Pamela B. Patterson
HM2 Michaela T. Saffa-Wyua

Meritorious Service Medal

Lt. Cmdr. Dennis B. MacDougall
Cmdr. Clyde J. Hockett
Lt. Cmdr. Michael L. Phillips
Capt. David E. Price
Cmdr. Carlos J. Martinez
Capt. Robert L. Brawley
Capt. Alexander R. Rodriguez

Military Outstanding Volunteer Medal

HM1 Patrick A. Jeffery